

SENIOR ART SHOW AND RECEPTION AT BOYDEN LIBRARY

Please share in our excitement as our Foxboro Senior Center Art Class has their first exhibition and reception at the Boyden Library. The reception will be on Thursday, June 8th from 10 a.m. to 12 noon with light refreshments and an opportunity to meet the artists and see their work. The art work will be on display in the library's Community Room gallery for the month of June, thanks to the Foxboro Art Association. Class instructor, Barbara Gage-Mulford says, "I bring the tools and materials. I liken the class to a big antique cast iron pot. The tools, materials and a host of ideas go into the pot. Each student pulls something out which becomes a beautiful work of art." Join us or just stop by the library at 10 Bird Street in June to see these amazing works of art.

Monday, May 15

Trip to Finger Lakes/Niagara Falls
Coffee Connection 8:30 a.m. to 3:30 p.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Scrabble 12:30 p.m.
Options Counselor 12:30 p.m.
Knitting 1:00 p.m.
Stop & Shop 1:00 p.m.

Tuesday, May 16

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Zumba Gold Class 9:45 a.m.
Table Top Garden Club 9:45 a.m.
Nutrition 11:00 a.m.
Memory Café 1:30 p.m.
Talespinners 2:00 p.m.

Wednesday, May 17

Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Computer Class 11:30 a.m.
Job Lot / Dollar Store 1:00 p.m.
TRIAD 1:00 p.m.
Colorist Club 2:00 p.m.
Dana Zaiser's Program – Touring Germany 4:30 p.m.
Tune in to "Our Community and the Opioid Crisis" at 7:00 p.m.

Thursday, May 18

Coffee Connection 8:30 a.m. to 3:30 p.m.
Art Class with Barbara 10:00 a.m.
SHINE by appointment 10:00 a.m.
Low Vision Support Group 1:00 p.m.
Diabetes Prevention Program 1:00 p.m.
History Lecture with Paolo DiGregorio 2:00 p.m.

Friday, May 19

Coffee Connection 8:30 a.m. to 12:00 noon
Stop & Shop 8:30 a.m.
Senior Fitness 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

Saturday, May 20

Friends of Foxboro Seniors Meeting at the Public Safety Bldg. 9:30 a.m.

OUR COMMUNITY AND THE OPIOID CRISIS

Tune in or log on May 17th at 7 p.m.! Don't miss this important, informative program about the Opioid Crisis and its impact on our community. Foxborough has established a group called S.A.F.E (Substance Abuse Free Environment) – Foxborough to proactively address the issue of substance use and the opioid crisis. Vicki Lowe, Executive Director of Foxborough COA and Human Services, and a member of S.A.F.E. – Foxborough, has taken the lead to provide this community education program in partnership with Brigham & Women's Health Care Center. Panelists for the program will include vital public safety professionals and community partners. You will hear firsthand of the challenges of addiction, but will also learn about warning signs, support strategies, and how the medical, legal, public safety and municipal community resources are uniting to address the opioid crisis. You can watch this program live from the comfort of your own home on Comcast channel 22 or Verizon channel 38, and you will also have the opportunity to ask questions of the panelists via live stream at www.fcatv.org/live and on Facebook.

DANA ZAISER'S TRAVELOGUE

Dana Zaiser will be at the senior center to present his next program "Touring Germany" at 4:30 p.m. on Wednesday, May 17th. Join Dana for another exciting travelogue as he discovers his German roots, tours castles and cathedrals, and tours old walled cities. Come and find out what it is like to experience these wonders. Please call the senior center at 508-543-1234 to sign up and join us on these amazing travel adventures.

HISTORY LECTURE WITH PAOLO DIGREGORIO

Paolo DiGregorio, historian, archeologist, and our favorite history teacher, will be at the senior center on Thursdays, May 18th and May 25th at 2:00 p.m., and on Wednesday, May 31st at 5:00 p.m. Paolo will be taking a look at the history of American cities. If you'd like to join us for Paolo's never boring and always entertaining series of historical lectures, please call the senior center at 508-543-1234 to sign up and reserve your seat. These programs are being sponsored by the Friends of Foxborough Seniors.

FRIENDS OF FOXBOROUGH SENIORS PLANT SALE

The Friends of Foxborough Seniors will be sponsoring a plant sale to be held at the Foxborough Senior Center, 75 Central Street, on Saturday, May 20th from 9:00 a.m. to 1:00 p.m. If you have any potted plants that you would like to donate for the sale, please drop them off by the shed at the back of the senior center parking lot. Extra plant pots to be used for your donations will also be available at the shed.

DECORATIVE GLASS PAINTING WITH DIANE

Come and unlock your hidden talent in our decorative glass painting classes using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for one or all 4 of these classes at the senior center with instructor Diane Cahill on Thursdays, June 1, 8 15 & 22 from 1:00 to 2:30 p.m. No painting experience is required. This is a free class. Paints and brushes will be provided and you just bring the glass items that you'd like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for a permanent finish. Call the senior center at 508-543-1234 if you'd like to sign up.

OPTIONS COUNSELING SERVICES

On Monday, May 15th from 12:30 p.m. to 2:30 p.m., Options Counseling Services will be available at the senior center. This program is being offered by the Executive Office of Elder Affairs through HESSCO Elder Services. Options Counselors are trained to provide information on resources, housing, long term care, referrals

to advocacy groups, etc. Long term care services include medical care and support with activities of daily living, such as dressing, bathing or eating. Options Counseling is a free service, and eligible individuals include: individuals under age 60 with a disability; any individual age 60 and over; individuals in the hospital who are being discharged; individuals at home who are seeking resources to maintain their independence, and; friends or family who are exploring care options on behalf of another person. Options Counselors maintain up to date information about the array of publicly funded and privately paid options that are available. An Options Counselor will be available at the senior center on May 15th from 12:30 to 2:30 p.m. If you would like to schedule an appointment with our Options Counselor Maria Royer, please call the senior center at 508-543-1234.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, May 16th from 1:30 to 3:00 p.m. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is “open” at the senior center on the 3rd Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on May 18th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1234.

MEN’S BREAKFAST

Our next Men’s Breakfast will be held on Thursday, May 25th at 9:00 a.m. The guest speaker for this month will be Manny Leite, Director of Foxborough’s Boyden Library. This is a great opportunity to learn more about the services offered at our public library. The cost for breakfast is \$3. Our breakfast is catered, so please call the senior center at 508-543-1234 to sign up by Friday, May 19th if you would like to attend. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

MOVIE DAY

Movie Day for the month of May is scheduled for Tuesday, May 23rd at 12:30 p.m. and our featured film will be “Concussion.” While conducting an autopsy on former NFL football player Mike Webster (David Morse) forensic pathologist Dr. Bennett Omalu (Will Smith) discovers neurological deterioration that is similar to Alzheimer’s Disease. Omalu names the disorder chronic, traumatic, encephalopathy and publishes his findings in a medical journal. As other athletes face the same diagnosis, the crusading doctor embarks on a mission to raise public awareness about the dangers of football-related trauma. Take in a good movie with friends and feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Please call us at 508-543-1234 if you’d like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 24th we’ll be enjoying our menu of roasted turkey and gravy, whipped potatoes, butternut squash, cranberry sauce and strawberry shortcake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be

given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Monday, May 22nd to make your reservation and to arrange for transportation, if needed.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on May 22nd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MEDICAL INFORMATION AND SERVICES

MEDICARE SCAM

Doctors and doctors' offices have notified The Centers for Medicare & Medicaid Services (CMS) that they are receiving prescription renewal requests from unfamiliar, out-of-state pharmacies. When doctors realize the requests are for prescriptions or supplies their patients do not receive, they deny the requests. As always, Medicare beneficiaries are strongly encouraged to review their quarterly Medicare Summary Notice and their Medicare Explanation of Benefits to ensure Medicare is billed accurately. If there are any questions about prescriptions, doctors, pharmacies or services listed on the benefit statements, members can call their plan or 1-800-Medicare.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. A SHINE counselor will be available at the senior center to meet with you individually on Tuesday, June 5th. If you would like to schedule an appointment with the SHINE counselor, call the senior center at 508-543-1234.

REGULARLY SCHEDULED

EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Senior Fitness classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, May 17th at 1:00 p.m. Everyone is welcome to attend these informational services.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at the Horse and Carriage on Wednesday, May 31st at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Friday, May 26th. Van transportation is available, but transportation arrangements must be made by Friday the 26th.

SHOPPING

We will be going to Stop & Shop on Mondays at 1p.m. and on Fridays at 8:30 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

May 17 - Job Lot/Dollar Store

May 24 – Kohl's / Mansfield Crossing

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item.

Monday, May 15

Penne Pasta 1

With Meat Sauce 123

Mixed Vegetables 41

Scali Bread 190

Fruit Cup 10

Sodium 365

Calories 483

Tuesday, May 16

Beef Burgundy 241

White & Brown Rice 36

Tossed Salad with Dressing 124

Oatmeal Bread 121

Mandarin Orange 6

Sodium 528

Calories 523

Wednesday, May 17

Shepard's Pie 283

Beets 162

Multigrain Roll 190

Chocolate Chip Cookie 171

Sodium 806

Calories 849

Thursday, May 18

Chicken Piccata 424

Italian Style Spaghetti 1

Glazed Carrots 83

Whole Wheat Bread 160

Orange 0

Sodium 668

Calories 491

Friday, May 19

Potato Pollock 337

Tartar Sauce 261
Chive Mashed Potatoes 62
Chuck Wagon Corn 2
Dinner roll 160
Pears 4
Sodium 826
Calories 674